

Applesauce Ribs15

Number of Servings: 15 (171.14 g per serving)

Amount	Measure	Ingredient
4.00	lb	Pork, ribs, country style, lean, raw
3.00	cup	Onion, white, fresh, sliced
1 1/2	cup	Applesauce, unswtnd, w/vit C, cnd
3/8	tsp	Spice, cinnamon, ground
3/8	tsp	Spice, nutmeg, ground
1 1/8	oz	Flavor, smoke, natural, charoil
3/4	tsp	Garlic, minced, wet
3/4	tsp	Salt, table, iodized

Nutrients per serving

Nutrition Facts	
Serving Size (171g)	
Servings Per Container	
Amount Per Serving	
Calories 210	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 200mg	8%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 25g	
Vitamin A 0%	Vitamin C 10%
Calcium 4%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Instructions

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.

Cooking :

- Cook to an internal temperature of 155 F for 15 seconds.

Holding :

- Hold for hot service at an internal temperature of 135 F or higher.

Trim visible fat from ribs and cut into serving # sizes the recipe is to yield. Simmer ribs in water with onions added until ribs are tender. Drain, saving onion slices.

Place in steamtable pan or roaster and cover with onion slices. Mix remaining ingredients and pour over ribs and onions. Bake at 325 degrees uncovered for 1 hour or less (until ribs and sauce are hot and sauce has slightly thickened). Serve sauce with ribs.

1 serving ribs = 0 CS